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Bft 8 week challenge meal plan pdf

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Subscribe now and start your journey to achieve your health goals. The BFT 8 Week Challenge offers a comprehensive program with unlimited access to programming, sustainable nutrition plans, and coaching support to help you reach your desired results. Join the challenge to kickstart your transformation, whether you're looking to lose body fat, build muscle, or simply develop healthier habits. With multiple meal plan options and recipes, daily nutritional guidance tailored to you, and positive physical and psychological benefits, this challenge is designed to meet your unique needs. The BFT 8 Week Challenge includes: - Exclusive access to the Body Fit Training Challenge Portal - Full 8-week nutrition plan with step-by-step recipes from a registered dietitian - Free Evolt 360 Body Composition scans - Compete in biweekly Mini Challenges - A chance to win studio prizes Choose from three upcoming challenge periods: February 12-April 7, June 10-August 4, or October 7-December 1.